

Citrus Soother

Makes: 4 Servings

The main ingredient in this recipe is unsweetened grapefruit juice. Grapefruit juice can be served as a beverage, warmed or chilled, on its own or used as a base for cider or punch.

Ingredients

2 cups grapefruit juice

2 cups orange juice

1/4 cup honey

1/8 teaspoon cinnamon (if you like)

Directions

1. In a medium saucepan combine grapefruit juice, orange juice, and honey. If using cinnamon, add that too.
2. Heat, stirring occasionally, just until warm (do not boil). Serve warm.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	0 g	
Protein	1 g	
Carbohydrates	41 g	
Dietary Fiber	0 g	
Saturated Fat	0 g	
Sodium	5 mg	